

# Delaware Bicycle Council News

Volume 9, Issue 1 - May 2005

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*A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation*



## Message from the Governor...

Delawareans use their bicycles as a sport, a means of transportation, and as an enjoyable family activity. Bicycling provides health benefits to the cyclist, but we all also benefit from the reduced air emissions from vehicles when someone chooses to cycle to work or go for a bike ride rather than drive to a gym.

Creating more bikeways and encouraging and enabling safe cycling is one of my favorite

aspects of *Livable Delaware*. We implemented the "Safe Routes to Schools" program with the goal of increasing the number of children and teens who can choose to bike to school. Whenever DelDOT repaves a road, a bike path is now placed alongside. I want people to truly have the choice to take a car or a bike. And we're getting there - road by road.

The job of the Bicycle Council is to help inform us of ways to improve biking in Delaware. Your input is so important. Please take the time to give us your thoughts...and get out there and ride!

*Gov. Ruth Ann Minner*

## 2005 Legislator's Bike to Work Day

On Wednesday, May 11, 2005, State Senator Dave Sokola and State

Representative Roger Roy will lead cyclists on the 16th annual Legislator's Bike to Work Ride from northern New Castle County to Legislative Hall in Dover. This 56-mile ride began in May 1990 with Rep. Roy leading a small group of bicyclists from the Delcastle Recreation Area to the steps of the State Capitol in Dover to attend the signing of the bill creating the Delaware Bicycle Council. At the conclusion of the ride, the governor traditionally meets the cyclists on the Dover Green to sign a proclamation declaring "Bike to Work Week".

The purpose of this event is to encourage the use of alternative forms of transportation. In 2004, six students from the Charter School of Wilmington rode the 56 miles and were among the 60 participants who successfully completed the ride. Our goal is to increase high school participation in 2005. At a time in their lives when young people are learning to drive and are beginning to establish an adult lifestyle, event organizers hope to encourage students to bicycle for transportation, recreation, and fitness.

A number of individuals and organizations - including the Delaware Bicycle Council, the White Clay Bicycle Club, state lawmakers, DelDOT, Bike Line, and the Biking Blue Hens - are working together to make this event a success. To ensure safety, cyclists will ride mainly on back roads, and one lane of the Summit Bridge will be closed to automobile traffic. Bike Line will provide sag service and will trail the last

rider to account for all participants. The Delaware Bicycle

Council will provide fruit, snacks and water at Legislative Hall. For those who only want to ride one way, return transportation on the Biking Blue Hens' bus, "Henhaus", is available by advance reservation only. All participants requiring return transportation from Dover should contact Stephanie Mantagna at [stephanie.mantagna@state.de.us](mailto:stephanie.mantagna@state.de.us) or 302-577-8515 as soon as possible.

This year, cyclists will begin the route at the Polly Drummond Shopping Center at 7 AM. Note this is a change from the previous starting location. The ride will conclude at approximately 12:30 PM in front of Legislative Hall. Those who wish to ride a shorter distance may join at one of several checkpoints along the way. In addition, participants from Sussex County and lower Kent County may join a group led by Carol Senerchia riding 42 miles from Milton to Legislative Hall. To join this group, contact Carol at [cabinetconnection@juno.com](mailto:cabinetconnection@juno.com) or call her at 302-732-1130.

For more detailed information or to obtain a cue sheet, visit the Delaware Bicycle Council's website at [www.deldot.net/static/bike](http://www.deldot.net/static/bike). This event takes place rain or shine.

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### DelDOT Maintenance Hotline

New Castle County (North) - 368-6628  
New Castle County (Canal) - 323-1111  
Kent County (Central) - 739-1111  
Sussex County (South) - 855-1111  
(Business Hours Only)

## *A Winter Morning's Ride on the Junction and Breakwater Trail*

*Rob Witsil, Rehoboth Beach Resident and Council Member at Large*

Zoe's gallop pulls me through the first turn of the Junction and Breakwater Trail as I adjust my balance to the tug of her leash. There's no need to pedal my Trek 7700 hybrid as Zoe is doing all the work. It's a chilly and bright Saturday morning in late February and the crisp air cuts through my clothing before I have a chance to warm up. My yellow Labrador's eagerness to romp down the 3.6 mile-long trail is not controlled by my shouts to slow down. The crushed-stone surface on the 12-foot wide bicycle and walking path is frozen hard today - a better riding surface than the frequently soft and wet surface of mid-winter. My hybrid with medium tires is a good choice for today's conditions, although any bike - from a coaster to a skinny tire road bike - is suitable provided the trail is not too wet and soft.

We have started the Junction and Breakwater Trail at its southern terminus on Hebron Road in West Rehoboth, immediately behind the car wash and mini-storage that front on Route One at the Rehoboth Avenue Extended intersection. The first several hundred yards of the trail are sandwiched between the rear concrete wall of the mini-storage and rear yards of West Rehoboth houses, then the trail leaves the development district behind and winds for one-half mile through the woods south of Holland Glade Road.

The well-marked intersection at Holland Glade Road provides access to the trail but offers no parking. A large parking lot behind the Tanger Outlets on the northbound lanes of Route One is the best place to park for access to the trail from Rehoboth. A trailhead heading east from behind the shopping area intersects the trail just north of Holland Glade Road. The trail can also be accessed at the northern trailhead by taking Munchie Branch Road to Wolf Neck Road where the historic Wolfe House has a 56-car parking lot, rest rooms and an information center. The Wolfe House is the area best-suited for wheel chair or battery powered

vehicles for disabled persons. Both areas have descriptive signs and good parking surfaces.

After passing the intersection with the trailhead to Tanger Outlets, Zoe's pace drops from a gallop to a canter, and I feel comfortable pedaling instead of being pulled along the path through the open field of winter wheat. As we round a corner, a huge flock of snow geese cover the field as if a blizzard had just set in. We pass by without disturbing the congregation of what must be at least 1,000 birds and head through the forest of young pines to the centerpiece of the Junction and Breakwater Trail - the 80-foot long railroad bridge crossing Holland Glade. Construction of the trail included refurbishing of the concrete railroad bridge which was originally built in 1913 to serve the tourist rail line to Rehoboth. The trail in the vicinity of the Holland Glade Bridge and to the north is constructed on the old right of way of the rail-line.

As we pass over Holland Glade, the tide is running out and the ice on the creek is crackling as the water level drops. From the center of the bridge, the view down Holland Glade to the Lewes and Rehoboth Canal and beyond to the Gordon Pond Area of Cape Henlopen State Park is spectacular. Beyond the Canal and rising above the Atlantic shoreline are the World War II observation towers used to spot German submarines and constructed so as to permit triangulation of Fort Myers' artillery. Flocks of mallards and Canada geese are taking refuge from the cold north wind in the open-water areas of the glade near the bridge.

Heading north with the Holland Glade Bridge behind us, I pass the first set of walkers who have parked at the Wolfe House trailhead. The woods on each side of the trail are peppered with holly trees standing bright and green amongst the white oaks and swamp maples. From the intersection with Wolfe Neck Road, the trail continues northward through the western section of Cape

Henlopen State Park to Wolfe Glade. Unlike Holland Glade, Wolfe Glade is not yet bounded by development housing and the marsh area is more serene here. The trail ends at the north side of the bridge over Wolfe Glade. A large stop sign prevents further travel down the narrow, unimproved path which is traveled by either trespassers or invitees of the private property owners. The future phase of the Junction and Breakwater Trail which is planned to continue north and to connect with Gill's Neck Road is eagerly anticipated by Lewes and Rehoboth residents. It will be an obvious tourist attraction and a pleasure and convenience for those of us who would like to safely ride between the two towns.

Our return trip southeast with the wind and into the morning sunlight is much more comfortable than when we first set out. Wrinkled panes of glass-like ice forming in the trenches on the sides of the trail make prisms of the sun's beams. We pass the only two cyclists we will see today on the Holland Glade bridge. They are huddled against the cold air but seem to be fascinated by the marsh and ocean views.

As we pass the field of snow geese again, the guardian ganders are disturbed and take flight, causing the entire flock to scatter like paper-white confetti in the wind. The raucous noise of the flock intrigues Zoe, who, by now, has dropped behind my rear wheel and into a slow trot.

As we approach the south end of the trail, I recall a ride on the 15 mile paved converted rail-trail between Leesburg and Purcellville, Virginia of several years ago. The path starts in the commercial-industrial district of Leesburg and heads west through expensive city housing, a subsidized housing community, suburban residential developments, and then through the beautiful horse country of the Catoctin Mountain area of western Virginia. The trail ends in Purcellville - a rural farm community that flourishes from the tourism brought by the

*(continued on page 7)*

## DelDOT's Rail-to-Trail/Rail-with-Trail System Master Plan Study: Looking to the Past and the Future

By Michael Kirkpatrick, Project Planner, DelDOT

As our state grows, DelDOT, along with various other groups, both public and private, have been planning how we will provide a variety of transportation alternatives. One area that has been getting increased attention is the provision of safe and convenient facilities for pedestrians and bicyclists. Finding a place to squeeze in these crucial connections between points is becoming more difficult, especially if one wants to avoid sharing the shoulder of the highway with auto traffic or even avoiding the highway rights-of-way altogether.

After the Federal government de-regulated the railroads with the Staggers Act in 1980, railroads were able to sell off much of their branch line mileage. These surplus rail corridors were, generally, either purchased by state governments or private 'short line' railroads or were simply left to be re-possessed by their neighbors. The stage was set.

Over the last two decades, the Rails-to-Trails movement has been gaining steam in the USA. Though Delaware lagged behind

many other states in creating rail-trails, the State Division of Parks and Recreation created the first rail-trail project in the early 1990's in White Clay Creek State Park. Since then, the Brandywine Industrial Track was converted to trail from Van Buren Street to north end of Brandywine Park in Wilmington and the James T. Hall Trail was built in Newark, utilizing a portion of the Amtrak Northeast Corridor right-of-way, in a excellent example of Rail-with-Trail (where the ROW is shared by the two uses).

In 2004, DelDOT's Division of Planning, using a list of recently abandoned (less than 30 years) and historic rail corridors, determined to create a plan that could be incorporated into the larger effort of creating a long-range blueprint for non-motorized transportation and recreational facilities. Design consultant Johnson, Mirmiran, and Thompson (JMT) began the work by validating the viability of the initial list. In addition to abandoned tracks, the State-owned Ellendale-Milton Industrial Track and the Georgetown-Lewes Running Track were also included.

With this list, JMT set to work, documenting the corridors. This process entailed creating area maps, incorporating aerial photography, hydrological data, streets, bicycle routes (planned and existing), State parks, trails, and greenways (planned and existing), property and ROW parcel data, as well as various other physical attributes that allow analysis of connectivity and possible barriers to trail construction.

Field investigations were also undertaken to document the existing conditions of the corridors from the ground level. The surveyors noted the degree of vegetation overgrowth; estimated the ROW width, while noting encroachment of neighboring properties/activities onto the ROW; examined the condition of culverts, drainage networks, bridge decking, and abutments; and documented and verified wetland and floodplain data; as well as taking other notes and measures.

Project updates and information are now available on the DelDOT website at [www.deldot.net](http://www.deldot.net).

### Southern New Castle County Trails

Brad Killian, Asst. Executive Director of Delaware Greenways

As many commuters and bicyclists are surely aware, navigating New Castle County's increasingly congested roadways can be a hectic endeavor. Nowhere is this truer than in the emerging communities south of the Chesapeake and Delaware Canal where much of the county's growth is occurring. While we may lament the disappearance of farms, forests and the rural lifestyle once so prominent to the region, great opportunity lies in our ability shape the growth and development as it occurs. If growth is inevitable, it is important that we proactively work to provide safe, convenient, and attractive facilities for bicycling and walking and preserve some semblance of the rural character that has defined the land for many generations.

Since last summer, Delaware Greenways has been working with landowners in Southern New Castle County as well as officials from DelDOT and the New Castle County Departments of Land Use and Special Services to coordinate a regional system of greenways and trails as part of the development process--an important step as

retrofitting trails into existing communities can be a difficult task. The proposed system will extend from Middletown to the C & D Canal and, including sidepaths and a nature



trail, could add more than 13 miles of walkways and bike paths to the county's growing network of off-road trails. The new trails and pathways will connect major destinations and link thousands of new residents to shops, schools, and places of employment.

The system will include two main spines to which new communities can connect. The

primary spine includes a 7-mile long multi-use trail running north from Middletown along Cedar Lane Road to Boyd's Corner Road (Route 896) and continuing along Jamison Corner Road towards the canal. A secondary corridor will be highlighted by the 2.5 mile Scott Run Nature Trail. This will offer users a more natural experience on a 4-5 foot wide crushed stone surface perfect for cross-country running or bicycling with a hybrid or mountain bike. Several viewsheds along the route showcase some of the region's natural beauty and will present excellent opportunities for bird/nature watching.

The future of trails and greenways in Southern New Castle County is very bright. Through the cooperative efforts of landowners, state and county agencies, and Delaware Greenways, new trails will be springing up in this rapidly growing region of the state. In the coming years, thousands of new residents will benefit from the inter-connected communities and trails now being planned along the greenway corridors. It is the hope of Delaware Greenways that our efforts south of the canal on the Middletown to C & D Canal Connector and the Scott Run Nature Trail will serve as a model for creating public trails.



## Safety Day 2005

Spring has arrived, and children of all ages will be dusting off their bikes and helmets and heading out to enjoy the great outdoors. However, while biking is a fun activity, it can also be dangerous. So why not "Follow the Leader to Safety" and join us for "Safety Day 2005"?

What is "Safety Day 2005"? The first annual "Safety Day", which is sponsored by the New Castle County SAFE KIDS Chapter and other local sponsors, will be held on Saturday, April 30, from 10 am until 2 pm at Brandywine Creek State Park (Routes 92 and 100---please use the Adams Dam Road entrance). Since the first week of May is "National SAFE KIDS Week" and the month of May is designated as "Bike Month", this will be a great opportunity to kick off both celebrations. The motto for this year's "SAFE KIDS" week is "Follow the Leader to Safety", and this event will help point participants in the right direction. Children will be able to participate in various activities so they can put into practice the safety skills they learn.

For the young cycling enthusiasts in your family, there will be a bike rodeo from 11 am until 1 pm. Children who want to participate in the bike rodeo should bring their own bikes and helmets. (A few "loaner" bikes will be available for children to use during the rodeo, and some helmets will be given away. However, both of these items are in limited supply.) Upon entering the fun-filled world of bicycle safety, each child must go through a helmet fitting station so that volunteers can assure that their helmets are the correct size and are fitted properly for maximum protection. No one will be allowed to participate in the rodeo unless they are wearing a properly fitted helmet!

For those children who still think that bicycle helmets are only for "nerds", two other stations may help change their minds. One station will have information about the number one injury sustained in bicycling accidents: head injuries. Volunteers will talk to children about head injuries and will demonstrate the ever-popular "egg drop" experiment throughout the day.

In addition, the Delaware Bicycle Council will sponsor a helmet decorating station. Children will have the opportunity to decorate their helmets with stickers so they will not only be safe when they ride, but they can make the coolest of fashion statements!

Once the children have a properly fitted helmet, they can go through the various bike rodeo stations. Children will learn and be able to practice various bicycling skills such as: which side of the road to ride on, how to properly make a right and left turn, how to use hand signals, how to cross at intersections, how to obey traffic signs and signals, how to safely dodge obstacles on the road, and how to safely pass pedestrians and/or other bicyclists by communicating with them. After the children finish the rodeo course and have visited the other bicycle safety stations, their "passport" will be signed stating that they participated in the various biking events. The children can then get their "passports" signed at other events and can hand them in at the Hospitality Tent to enter a raffle for various door prizes.

"Safety Day 2005" will also feature other free activities such as: car seat safety check (10 am until noon), ambulance and fire truck display, fire and water safety demos, smoke-house, mounted police and K-9 demos, prizes, giveaways, and much, much, more! For more information or if you are interested in volunteering, please call: 302-651-5437. So bring the whole family along for a fun-filled and educational day!

*Hope to see you there!*

## Ride of Silence

**Dave Vispi, White Clay Bicycle Club**

On Wednesday, May 18, members of the White Clay Bicycle Club (WCBC) will ride through the City of Newark in a silent procession honoring bicyclists who have been killed or injured while cycling on public roadways. This ride is being held in conjunction with the national Ride of Silence organization. Rides are planned in more than fifty cities across the United States this year. Newark was chosen as a Ride of Silence site because of the high concentration of cyclists at the University of Delaware and the number of bicycle/motor vehicle related collisions in the city. Thirty-two bicycle/motor vehicle collisions were documented in a two year period between April 2002 and June 2004.

The Ride of Silence will proceed through the city of Newark for ten miles at approximately 10 miles per hour. The event is not limited to WCBC members -- anyone is welcome to ride. There are no registration fees, no sponsors, and no t-shirts. All cyclists must wear a helmet, and minors must be accompanied by an adult. Riders will ride at their own risk and be asked to sign a liability waiver form before the ride. WCBC assumes no liability for injuries. The ride begins and ends at the Newark Charter School, Elkton Road, leaving promptly at 7:00pm, with everyone riding as one group. For any questions about the ride, please visit the White Clay Bicycle Club website at [www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org) or contact Dave Vispi at [HANGSTR23@Verizon.net](mailto:HANGSTR23@Verizon.net). Additional information is also available at [www.rideofsilence.org](http://www.rideofsilence.org).

## 2005 Event Calendar

### Date Location / Contact Info

**May 1** MS Mason-Dixon Ride  
[www.nationalmssociety.org/MSBike-Delaware.asp](http://www.nationalmssociety.org/MSBike-Delaware.asp)  
**May 11** Legislator's Ride to Work  
[www.deldot.net/static/bike](http://www.deldot.net/static/bike)  
**May 21** Tour de Cure  
888-diabetes or [www.diabetes.org](http://www.diabetes.org)  
**May 22** Elkton Mayor's Crit Classic  
[www.wilmingtonvelocity.com](http://www.wilmingtonvelocity.com)  
**July 3** Delaware Double Cross  
[www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org)  
**August 27** WCBC Shore Fire Century  
[www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org)  
**September 10** Amish Country Tour, Dover  
[www.visitdover.com/tours/eventbiketour.html](http://www.visitdover.com/tours/eventbiketour.html)  
**September 17-18** WCBC Twin Centuries  
[www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org)  
**October 1-2** MS150 Bike to the Bay  
[www.nationalmssociety.org/MSBike-Delaware.asp](http://www.nationalmssociety.org/MSBike-Delaware.asp)  
**October 5** Delaware Senior Olympics Time Trails / [www.delawareseiniolympics.org](http://www.delawareseiniolympics.org)  
**October 8** DE Senior Olympics Road Race  
[www.delawareseiniolympics.org](http://www.delawareseiniolympics.org)  
**October 15** WCBC Savage Century  
[www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org)  
**October 22-23** WCBC Cape May Weekend  
[www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org)  
WCBC = White Clay Bicycle Club



## Educating Motorists

**Sergeant George A. Heberling, Delaware State Police**

A few years ago, while driving on a beautiful Caribbean island, I encountered numerous cyclists on the winding roadway. After watching me patiently follow them for a half-mile or so, my younger brother piped up from my side. "[Expletive Deleted] bike riders - they think they own the road - why don't they move over for you!"

Now, lest you wish hateful things upon my brother, believe me - he's one of the most giving and generous souls I know. Quite frequently, he's too generous for his own good! Anyway, I used the opportunity to educate my naïve young sibling. I advised him to just watch these guys. I said, they're very good - obviously very experienced riders. In the twisty bits, they were properly guarding their entire lane. That way I wouldn't attempt to pass unless I went into the oncoming lane. Since there were no shoulders, a typical Caribbean situation, (kind of like where I ride in Delaware), these guys didn't want me trying to squeeze up next to them to initiate a pass. If I had pulled up aside of one of the bicycles and then encountered an oncoming car, I might have swerved to the right, particularly if part of my car or the oncoming one was in the wrong lane. My moving to the right at this point would absolutely ruin the cyclist's day! I told my brother all of these things.

Within a mile or so further, we came upon what passes for a straightaway on a Caribbean island. As I had predicted, the cyclists moved to the rightmost edge of the roadway in unison, encouraging me to safely pass them. I waved a friendly island hello and we continued on our way. They'd delayed our arrival by a whopping one-minute! My brother seemed impressed. He said he thought these guys were just being selfish. Back home he probably would have blasted past them with an accompanying blast of his horn. I hope he knows better now.

I believe most motorists would have had the same reaction as my misguided brother. Surely, someone needs to educate these folks. Well, guess what - that someone is us! We're really the only ones with a vested interest here - our very lives may be at stake! The phrase "Kill them with kindness" is appropriate. A friendly wave or a nod of the head can go a long way toward fostering a positive relationship amongst those with whom we share our roadways. I don't recommend negative type gestures directed at motorists who may otherwise be deserving of incurring your wrath. Unfortunately, in today's society, one must beware of inciting a road rage incident. One never knows if someone could be armed and dangerous, just itching for an excuse to hurt someone. Please don't allow your flip of the hand or extended finger to set him or her off. Also, technically, provoking a violent incident by displaying a finger could result in a Disorderly Conduct charge against you.

We should also strive to educate our fellow bicyclists - particularly the young ones. It's not always the motorist who's at fault. According to government data, the bicycle rider causes half of all car vs. bicycle crashes. Collisions with passing cars represent a very small percentage of injuries to cyclists. And, when we are hit, less than 10% of the time does the impact come from behind. The biggest cause of all car-versus-bicycle crashes Nationwide is wrong way riding. That's an area where we need to educate fellow riders - particularly youngsters.

So, perhaps if each of us educates just two motorists about bicycle safety, maybe one of them will pass our advice on to someone else. We'll be helping to make Delaware highways a safer place to ride. Hey, and mention that we don't wear cycling pants just to look "fancy" - ask them to try sitting astride a bicycle seat in wrinkly shorts for a few miles... They'll quickly realize why we wear 'em.

**Ride Safe!**

## Celebrate National Bike Month ...and earn a medal while you pedal

**By Judi Jeffers**

May is National Bike Month and the Bicycle Council, DelDOT, DNREC, TMA and the Lt. Governor's Fitness Challenge are joining together to challenge you to get your "wheels" turning and go out and ride.

You can make a jump start on April 30th and visit Brandywine Creek State Park, "Safety Day 2005" where you can get a bike and helmet safety check, cycling maps and safety information to prepare for May and our celebration.

The Council encourages Delaware citizens to use bicycles as transportation and recreation. See the Bike Month calendar on Page 6 and mark your calendars for special events held statewide.

The Legislator's Ride from New Castle County to Dover provides an opportunity to ride with state officials. Participants will receive an official Delaware Bike Month T-shirt. This 56 mile ride will add lots of points toward a medal while working on the challenge.

Bellevue and Cape Henlopen State Parks offer use of mountain-style bikes and supply helmets for rides in the park. Check the park website for details: [www.destateparks.com](http://www.destateparks.com).

Check the Bicycle Council website, [www.deldot.net/static/bike](http://www.deldot.net/static/bike) or contact the State Bike /Pedestrian Coordinator at (302) 760-2453 (BIKE).

Sign up on [www.getupanddosomething.org/ltgov/index.html](http://www.getupanddosomething.org/ltgov/index.html). Or call (302) 577-8787. Take the Lt. Governor's Fitness Challenge and pedal for a medal.



## Delaware Bicycle Council Membership Changes

The Bicycle Council would like to thank Tim Plemmons, who left the Council late last year. Tim moved across the state line to Pennsylvania and is no longer eligible for Council membership. He is, however, still Executive Director of Delaware Greenways, and will continue to be a strong advocate for bicycling in Delaware.

Rob Witsil of Rehoboth Beach joined the Council as a citizen at-large representative to replace Tim.

If you would like to be considered for future openings on the Delaware Bicycle Council, contact:

Don Carbaugh, 302-528-7929  
[dcarbaugh@comcast.net](mailto:dcarbaugh@comcast.net)

Sarah E. Wootten, 302-744-4257  
[sarah.wootten@state.de.us](mailto:sarah.wootten@state.de.us)



## Bike Month Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Welcome to the 2005 Bike Month Calendar. The majority of the rides listed on this calendar are sponsored by local Bicycling Clubs.

WCBC is the White Clay Bicycling Club based in New Castle County -- for more ride details see [www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org).

FVS is the racing affiliate of WCBC -- see [del.net/org/fvs](http://del.net/org/fvs)

DDSR is the Downstate Delaware Striders and Riders, a new club in Kent County for Cyclists and Runners/Walkers -- see [www.ddsr.org](http://www.ddsr.org).

Also DelDOT and the Dover Kent MPO are planning some events still to be scheduled -- check [www.deldot.net](http://www.deldot.net) for updates.

**30 (April)** "Safety Day 2005" at Brandywine Creek State Park [www.wilmingtonvelocity.com/SAFE\\_KIDS\\_Flier1.pdf](http://www.wilmingtonvelocity.com/SAFE_KIDS_Flier1.pdf) Or call 651-5437 or see article on Page 4.

<b>1</b> MS Mason Dixon Ride 25/50 miles <b>KC</b> WCBC Brandywine Ramble III 9 AM - 40 miles <b>JDS</b> WCBC May Day Massacre 9 AM - 102 miles <b>JB</b>	<b>2</b> WCBC Very Hilly Training Ride 5:45 pm - 30 to 33 miles <b>AC</b>	<b>3</b> DDSR Dover Ride 5:15pm - 25-30miles <b>MKS</b>  WCBC MS Training Ride 6 PM - 20 to 23 miles <b>BP</b>	<b>4</b> WCBC Training Ride 5:45 PM - 32 to 40 miles <b>AC</b>	<b>5</b>	<b>6</b>	<b>7</b> WCBC Augustine Beach Ramble 9 AM - 35 miles <b>CL</b> WCBC Downstate Ride 8:30 AM - 50 miles <b>JoJ</b> WCBC Fortescue on the Bay 8:30 AM - 97 miles <b>DK</b>
<b>8</b> WCBC Brandywine Ramble IV 8:30 AM - 45 miles <b>JDS</b> WCBC Augustine Beach 8:30 AM - 50 miles <b>MCM</b> WCBC Early Bird Ride 7:30 AM - 51 miles <b>DD</b>	<b>9</b> WCBC Very Hilly Training Ride 5:45 pm - 30 to 36 miles <b>AC</b>	<b>10</b> DDSR Dover Ride 5:15pm - 25 to 30 miles <b>MKS</b>  WCBC MS Training Ride 6 PM - 20 to 23 miles <b>BP</b>	<b>11</b> Legislators Bike to Dover Ride 7 am - 56 miles one way <b>DC</b>  WCBC Training Ride 5:45 pm - 32 to 40 miles <b>AC</b>	<b>12</b>	<b>13</b> Bike Bellevue State Park's Northern Delaware Greenway - <b>JuJ</b>	<b>14</b> TMA Bicycle Patrol Course 8AM to Noon - <b>CL</b> WCBC Crystal Beach Ride 8:30 AM - 60 miles <b>MS</b> WCBC Foothills West of Denver 8:00 AM - 100 miles <b>MN</b>

### Bike To Work Week

<b>15</b> WCBC Hills 1019 AM - 22 miles <b>CI</b> WCBC Fit & Fun Ride 9 AM - 26 to 30 miles <b>ESM</b> WCBC Brandywine Ramble V 8:30 AM - 50 miles <b>JDS</b>	<b>16</b> WCBC Very Hilly Training Ride 5:45 pm - 30 to 36 miles <b>AC</b>	<b>17</b> DDSR Dover Ride 5:15pm - 25 to 30 miles <b>MKS</b>  WCBC MS Training Ride 6 PM - 20 to 23 miles <b>BP</b>	<b>18</b> WCBC Ride of Silence 7 PM - 10 miles <b>DV</b> (see article on Page 4)  WCBC Training Ride 5:45 PM - 32 to 42 miles <b>AC</b>	<b>19</b>	<b>20</b>	<b>21</b> Tour de Cure - 10, 31 or 62 miles 1-888-DIABETES  WCBC Hawk Mountain Twin Century Sat/Sun - 200 miles <b>WH</b>
<b>22</b> WCBC Brandywine Ramble VI 8:30 AM - 60 miles WCBC Time Trial for Fun 8 AM - <b>JoJ</b> Elkton's Mayor Crit Classic - <b>DM</b>	<b>23</b> WCBC Very Hilly Training Ride 5:45 pm - 30 to 36 miles <b>AC</b>	<b>24</b> DDSR Dover Ride 5:15pm -- 25 to 30miles <b>MKS</b>  WCBC MS Training Ride 6 PM - 20 to 23 miles <b>BP</b>	<b>25</b> WCBC Training Ride 5:45 PM - 32 to 42 miles <b>AC</b>	<b>26</b>	<b>27</b>	<b>28</b> WCBC Chestertown Tea Party 9 AM - 50 miles <b>BLA</b>  WCBC Mt. Pigsah in Spring 8 AM - 85 to 90 miles <b>MB</b>
<b>29</b>	<b>30</b> WCBC Centreville Century 7:30 AM - 100 miles <b>MN</b>  WCBC Very Hilly Training Ride 5:45 PM - 30 to 36 miles <b>AC</b>	<b>31</b> DDSR Dover Ride 5:15pm -- 25 to 30 miles <b>MKS</b>  WCBC MS Training Ride 6 PM - 20 to 23 miles <b>BP</b>				

**Ride Contacts** - All #'s area code 302 unless otherwise noted. **KC** - Kate Cowperthwaite 655-5610 [kate.cowperthwait@ded.nmss.org](mailto:kate.cowperthwait@ded.nmss.org); **JB** - Jeff Butcher 737-3660 [jrd-butch@yaho.com](mailto:jrd-butch@yaho.com); **JDS** - Jerry & Debbie Steinberg 373-6495 [jsteinberg3@comcast.net](mailto:jsteinberg3@comcast.net); **DK** - Doug Kennedy 610-543-4664 [dougkennedy7@yahoo.com](mailto:dougkennedy7@yahoo.com); **BK** - Barrie Kintner - 610-361-0442; **DD** - Daniel Dole 610-274-8080 [danieldole@thelink.com](mailto:danieldole@thelink.com); **MS** - Mike Salter 239-0384 [trekbikermike@aol.com](mailto:trekbikermike@aol.com); **DV** - David Vispi - 995-2155 [hangstra23@verizon.net](mailto:hangstra23@verizon.net); **MB** - Mike Barker 998-7684 [rekrab43@yahoo.com](mailto:rekrab43@yahoo.com); **JuJ** - Judi Jeffers 761-6592 [judi.jeffers@state.de.us](mailto:judi.jeffers@state.de.us); **MCM** - Mary Clare Matsumoto 731-1430 [mcm2004@aol.com](mailto:mcm2004@aol.com); **AC** - Aaron Chen 731-1456 [Aaron.Chen-1@USA.dupont.com](mailto:Aaron.Chen-1@USA.dupont.com); **MKS** - Mike & Kim Stocklager 242-6676 [trekbiker2100@yahoo.com](mailto:trekbiker2100@yahoo.com); **ESM** - Ed & Susan McNulty 834-7429; **JoJ** - Jo Johnson 478-6104 [jojohn@erols.com](mailto:jojohn@erols.com); **MN** - Mario Nappa 239-1179 [ibikealot@hotmail.com](mailto:ibikealot@hotmail.com); **BLA** - Bob & Lynn Adelman 234-1057 [tandemcyclist@yahoo.com](mailto:tandemcyclist@yahoo.com); **CI** - Carol Ireland 995-9658; **WH** - Wally Hertler 610-388-7115; **CL** - Chris Law 266-6353 [delcyclist@aol.com](mailto:delcyclist@aol.com); **DC** - Don Carbaugh 529-7929 [dcarbaugh@comcast.net](mailto:dcarbaugh@comcast.net); **BP** - Bruce Poole 999-1211 [BRP104@aol.com](mailto:BRP104@aol.com); **DM** - Doug Mills 994-2656 [wvcykel@comcast.net](mailto:wvcykel@comcast.net)

## Delaware Department of Transportation Adopt-A-Bike Path Program



The Department of Transportation will soon announce the creation of an Adopt-A-Bike Path Program. The program idea was initiated by Representative Stephanie Ulbrich, and has the support of other legislators, the Delaware Bicycle Council, as well as bike and pedestrian enthusiasts.

The program will operate much like the Department's Adopt-A-Highway (AAH) Program, which has existed within Delaware for 15 years. The Adopt-A-Bike Path Program offers individuals, companies, businesses, civic groups and other interested persons an opportunity to actively support DelDOT's anti-litter efforts by allowing them to adopt a state-owned and maintained bike path (at no cost). More than just a clean-up program, this program will work to educate citizens of all ages about the responsibilities of land stewardship and about bicycling as an alternative form of transportation.

Participants will agree to care for a designated bike path three times per year (additional cleanups are optional). After each clean up, groups will be required to complete an activity report noting the number of hours it took to complete the cleanup, the number of people participating and the number of bags of trash collected along the

path. These activity reports are vital to the success of the program, and ensure continued participation in the program.

To establish an inventory of bike paths, the Department of Transportation is asking for assistance in identifying bike paths within the state. Please contact Tina Shockley, Adopt-A-Bike Path Program Coordinator at the Department of Transportation at 302-760-2080 with this information.

Clean bike paths remind the public that we need to keep our environment, especially bike paths and walkways clean. An equally important objective of the program is the need to remove dangerous debris from these paths in order to protect the safety of those who use them.

The Department of Transportation and the Delaware Bicycle Council are interested in fostering a working relationship with pedestrians, bicyclists and anyone who is interested in helping to keep these areas well maintained. Check the DelDOT website at [www.deldot.net](http://www.deldot.net) for more information as this program develops.

## Junction and Breakwater Trail (continued)

biking and hiking trail. Like the Leesburg trail, a complete biking and hiking trail from Rehoboth to Lewes will be a safe, beautiful and well-traveled route between the two coastal towns.

As we enter my driveway after the mile-long commute from the end of the Junction and Breakwater Trail to Norfolk Street, Zoe looks as if she has had enough exercise for the day. I'm happy to have had a sunny morning ride and am thankful for the efforts of the Division of Parks and Recreation of the Department of Natural Resources and Environmental Control and the other many state agencies for construction of the existing portion of the Junction and Breakwater Trail. Hopefully, many more residents and visitors will enjoy the trail as it traverses the forests, open fields and wetlands of Coastal Sussex.

The DNREC website for the Junction and Breakwater Trail, including a trail map, is at [www.destateparks.com/Activities/trails/J&B.htm](http://www.destateparks.com/Activities/trails/J&B.htm)

## Delaware Senior Olympics

Bicycling is just one of 24 competitive sports and events that make up the Delaware Senior Olympics, held during September and October every year. In addition there are noncompetitive fitness programs for most of the competitive sports. The bicycling events are:

### *Time Trials Wednesday, October 5 - Dover Downs Speedway*

#### Age Groups

50 - 54

55 - 59

60 - 64

65 - 69, etc.

Distances 1 mile, 5k and 10k

In the time trials, riders go out one at a time at 60 second intervals. The best time for each age group for each gender is the winner.

### *Road Races Saturday, October 15 Marydel, DE*

Age groups as for Time Trials

Distances 20k (12.5 miles), 40k (25 miles)

In the road races, the first one over the finish line for each age group for each gender is the winner.

Any Delaware resident age 50 and over is eligible to compete in the annual games. Competitions are held separately for men and women in five year age groups starting at 50-54 up to 100+. Athletes who qualify in the state games may participate in the National Senior Games held every two years.

Suzanne Cavanaugh is coordinator of the bicycling events. For information, contact her at 302-454-0202 or [clscgc58@yahoo.com](mailto:clscgc58@yahoo.com). Also, see their web site at [www.delawareseniorolympics.org](http://www.delawareseniorolympics.org). Last year's results are posted at [www.delawareseniorolympics.org/DSO2004Results\\_Cycling.pdf](http://www.delawareseniorolympics.org/DSO2004Results_Cycling.pdf)

A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation  
 "Our Mission is to Promote and Enhance Bicycling in Delaware."  
[www.deldot.net/static/bike](http://www.deldot.net/static/bike)

**Delaware Bicycle Council News**  
**P.O. Box 778**  
**Dover, DE 19903**



## **Delaware Bicycle Council Membership and Staff Support**

### ***Appointed***

#### ***Representatives***

<b><i>Representatives</i></b>	<b><i>Representing</i></b>	<b><i>Phone Number</i></b>	<b><i>E-Mail Address</i></b>
Don Carbaugh	New Castle County	529-7929	dcarbaugh@comcast.net
Fred Breukelman	Public Health	741-2901	fred.breukelman@state.de.us
Harry Isaacs, Jr.	Council on Transportation	684-1332	
Judith Jeffers	At Large	761-6952	Judi.Jeffers@state.de.us
Tom Hartley	Kent County	697-6400	thartley@diamondelectric.org
George Heberling	Public Safety - State Police	856-5850	george.heberling@state.de.us
Danna Levy	Greenways & Trails Council	478-7853	dmlevy9@aol.com
Laura Madara	DNREC	577-7202	lmadara@state.de.us
Doug Mills	New Castle County	994-2656	wvcykel@Comcast.net
Lisa Moore	Office of Highway Safety	744-2740	LMoore@state.de.us
Vacant	DelDOT		
Nicholas Vacirca	Dept. of Education	739-4658	nvacirca@doe.k12.de.us
Amy Wilburn	At Large	995-2985	dioglaert@aol.com
Tim Willard	Sussex County	856-7777	tgwillard@fuguaandyorl.com
Rob Witsil	At Large	855-0120	rvw@witsilaw.com

#### ***Staff Support***

<b><i>Staff Support</i></b>	<b><i>Affiliation</i></b>	<b><i>Phone Number</i></b>	<b><i>E-Mail Address</i></b>
Joe Cantalupo	DelDOT Planning	760-2121	joseph.cantalupo@state.de.us
Fritz Schranck	Deputy Attorney General	760-2020	fritz.schranck@state.de.us
Elizabeth Campbell	Admin. Assistant/DelDOT Planning	760-2121	ElizabethM.Campbell@state.de.us

If you're not on our newsletter mailing list and want to be, you can sign up on the Bicycle Council website  
[www.deldot.net/static/bike](http://www.deldot.net/static/bike)